

Protect Your Family & Yourself from Secondhand Smoke

- Secondhand smoke, also called Environmental Tobacco Smoke (ETS), is bad for your health. See *The Dangers of Secondhand Smoke*.
- If someone near you is smoking, it's OK to politely ask him or her to put it out.
- Children are especially vulnerable to ETS. Smokers should never smoke around children and should only smoke in areas where it is permitted.
- Parents should be sure that their child's daycare, preschool, or school is smoke-free, as mandated by state law.
- Ask babysitters, relatives, and friends not to smoke in your home.
- Have candy or gum available as an alternative to smoking.
- Direct smokers to an open area outside and away from your home.
- Opening windows is not a solution. It can take 3 or more hours for smoke to clear from a room.
- Never allow anyone to smoke in your car.
- Do not allow smoking around pets—dogs and cats get cancer, too.
- Avoid restaurants that are not smoke-free. *The American Cancer Society* has published a listing of smoke-free restaurants in Connecticut. It is available by calling (800) 227-2345.

Working together, we can reduce everybody's risk of suffering from the harmful effects of secondhand smoke.



Keeping Connecticut Healthy

QUITLINE
1-866-END-HABIT